



July 16, 2012

Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Island Intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

Island Insight Submission: <http://www.ria.army.mil/sites/IslandAnn/announcement.cfm>



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JMC's Lean Six Sigma Project Helps

Law Enforcement Agencies: Tracking down military ammunition that comes across law enforcement agencies' investigations constitute a victory for the Joint Munitions Command. Dave Barrington, senior criminal investigator, JMC, headed the 13-month-Green Belt Lean Six Sigma project designed to reduce duplication of effort in processing the, on average, 130 annual requests for information and technical

data regarding U.S. military munition items from law enforcement and intelligence agencies. The goal of the project was to reduce duplication of effort/processing of duplicate requests by 30 percent. "State, local, military, and federal law enforcement and intelligence agencies routinely rely on the JMC law enforcement section to help them obtain records pertaining to U.S.-origin military munitions items which are seized by law enforcement,

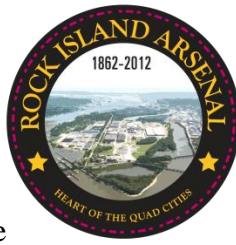
used in a crime, recovered outside the scope of military control, or otherwise a matter of interest," Barrington said. The process improvement team established operational definitions, brainstormed to identify root causes, used process mapping, cause and effect analysis, and other tools to measure,



analyze, and improve the process.
([More](#))

Remembering RIA 150 Celebration:

Despite a heat index rising to 110-plus degrees, Quad Cities residents came out and celebrated the 150th anniversary of Rock Island Arsenal. The Quad Cities consist of Moline, East Moline, and Rock Island on the Illinois side of the Mississippi River, along with Davenport and Bettendorf on the Iowa side of the great river that physically separates much of the United States. Activities officially kicked off at 10 a.m. with a parade that made its way down the island's main street, Rodman Avenue. Then, the U.S. Army's Parachute Team, the Golden Knights, descended upon RIA's Memorial Field, displaying their pinpoint landing skills.
([More](#))



Systems Analyst Rocking His Way

Through Life: Monday through Friday, Anthony P. Rosata is a cool-headed, polite, hardworking and funny Army Contracting Command-Rock Island



systems analyst. But ask the crowd at one of his band's shows about his persona and you'd get a whole different list of descriptors: heavy, loud and brutal, for instance. After-hours, Rosata is a guitarist in the heavy metal band, My Pal Trigger. The band has been together for three years and has released its first recording, "The Damned EP," a demo featuring three songs that can be found on the Internet. ([More](#))

Military Noted with JDC 'Honor

Walk': Many military personnel have walked thousands of miles during active duty, working to protect the shores of the United States and our freedom that others before them have fought for. At this year's John Deere Classic PGA Tour event, some of those men and women will get a chance to walk a special 500 yards. During pro-am play on Wednesday at TPC Deere Run, military personnel will get a chance to make the "Hero's Walk." On the 15th hole, selected servicemen and women will get to caddie for the pro in each group — carrying the bag from the tee to the green before being able to enjoy the rest of the day in a hospitality tent, according



DEERE RUN

Upcoming Dates

July 15-21: Captive Nations Week
July 16: National Hug Your Kids Day
July 20: 43rd Anniversary of the Moon Landing
July 21: 68th Anniversary of Guam Liberation From Japanese Occupation
July 21: 82nd Veterans Administration Birthday
July 22: National Parents Day
July 23: 65th AMVETS Birthday
July 24: National Tell An Old Joke Day
July 24: 43rd Anniversary of National League of Families of American Prisoners and Missing in Southeast Asia
July 26: 22nd Anniversary of Americans With Disabilities Act
July 26: 68th Anniversary of U.S. Army Desegregation
July 26: National Aunt and Uncle Day
July 27: National Korean War Veterans Armistice Day
July 28: World Hepatitis Day
July 29: Army Chaplain Corps 237th Birthday
July 30: 47th Anniversary of Medicare and Medicaid
Aug. 1-7: National Farmers Market Week
Aug. 3-4: Iowa Tax Free Weekend [📅](#)
Aug. 4: U.S. Coast Guard 222nd Birthday
Aug. 5: Patriot Guard Riders 7th Birthday
Aug. 5: Friendship Day
Aug. 5: National KidsDay
Aug. 5-11: National Stop on Red Week
Aug. 6: Anniversary of Voting Rights Act of 1965
Aug. 6: 67th Anniversary of the Bombing of Hiroshima
Aug. 7: Purple Heart Day
Aug. 7: National Night Out
Aug. 7: Helsinki Human Rights Day
Aug. 9: 67th Anniversary of the Bombing of Nagasaki
Aug. 9: Smokey Bear's 68th Birthday



to Clair Peterson, JDC tournament director. He said that those chosen to caddie will be selected locally by First Army on the Rock Island Arsenal. ([More](#))

Weaving a Webb of Success: Corey Webb, government property administrator and plant clearance officer, Anniston Chemical Agent Disposal Facility, Anniston, Ala., said his goodbyes to co-workers in Alabama and at Army Contracting Command Rock Island, Ill., June 28, prior to moving to a new position with the Department of Veteran Affairs. Landing a job with the VA suits the 30-year-old former Marine well. He landed his current job through the Army Materiel Command's Always a Soldier Program. A contract specialist who has worked at the ANCDF for a little more than six years, Webb lost a portion of a leg while serving his country in Iraq during his first tour of duty. ([More](#))

DoD Officials Explain Sequestration Dangers: Pentagon officials continue to work to avoid the looming threat of sequestration, Frank Kendall, the new undersecretary of defense for acquisition, technology and logistics, said here yesterday. Kendall spoke to Pentagon reporters in his office about

sequestration, and the effect it would have on the department and the defense industrial base. Sequestration comes out of the Budget Control Act. Now due to take effect in January 2013, sequestration calls for \$500 billion in cuts from defense on top of \$487 billion in defense cuts already agreed to. ([More](#))

Budget-Cutters Eye DoD Civilian Workers: Overshadowed by all the political posturing over the prospect of automatic cuts in defense spending, one thing seems certain: The Defense Department's huge civilian workforce will shrink. The question is by how much — and whether the cuts will be achieved through a slowdown in hiring, prolonged furloughs or even mass layoffs. ([More](#))



Pay Raise, Maybe. Pay Cut, Probably!: How can you get a pay raise and take a pay cut at the same time? Feds may be about to find out. Summer 2012 will be anything but a slow news time for federal and postal workers and for retired and about-to-retire civil servants. At issue are how much (if any)

of an inflation-catchup federal retirees will get in January, how much (if any) the 2013 federal pay raise will be and how much take-home pay will be cut if workers are forced to pay more for their future pensions. ([More](#))

For Federal Employees, Budget Options Range from Bad to Worse:

For federal employees, the political debate over whether to prevent or to allow automatic cuts that are scheduled for many government programs starting in January may boil down to a pick-your-poison choice. The House plans to vote this week on a bill to require the Obama administration to detail the potential impact of the cuts, called sequestration. That could chop more than \$100 billion off federal spending in 2013 — about 10 percent of defense spending and about 8 percent of domestic discretionary spending — if Washington doesn't enact spending cuts, revenue increases or a combination of both to prevent it. The Senate recently ordered a similar report in an amendment to a farm bill. ([More](#))



House to Debate Defense Bills with Pay, Job Implications for Feds: The Obama administration's fight with



House Republicans over fiscal 2013 spending takes center stage this week as the House votes on two key pieces of legislation -- its defense spending bill, and the Sequestration Transparency Act. Debate on the \$608 billion Defense appropriations bill is slated to begin Wednesday. The White House threatened in late June to veto the legislation, citing extra spending that departs from the 2011 Budget Control Act and would require harmful cuts to other areas of government. ([More](#))

Survey: Most Americans Support Defense Cuts: A new survey shows a large majority of Americans support cutting defense spending, including military personnel costs. While they don't support cutting military pay raises, they do want to raise Tricare and pharmacy fees, slow down growth in tax-exempt allowances, and cut military retirement benefits, according to a survey of 665 adults conducted by the Program for Public Consultation, the Center for Public Integrity and the Stimson Center. ([More](#))

White House Launches 2012 Competition to Cut Waste: The White House this week launched its fourth annual competition for money-saving, waste-cutting ideas from federal

employees. Previous winners of the Security Americans Value and Efficiency Award (SAVE) have come up with a repository of tools and equipment for NASA employees building flight projects; electronic delivery of the Federal Register from snail mail, and a system that allows veterans to bring home medications they take while in the hospital, where they previously landed in the trash when patients were discharged. ([More](#))

Cpl. Casillas' Family Accepts Posthumous Honors: Cpl. Max Casillas was discharged from the Army in 1945. On Saturday, 67 years later, his family accepted official promotion papers and several awards on behalf of Cpl. Casillas, who died in 2010. During a ceremony at First Army headquarters on Arsenal Island, Cpl. Casillas' family was presented with awards that included the bronze star with oak leaf cluster, American campaign medal, European-African-Middle Eastern campaign medal with silver star and arrowhead attachment, World War II victory medal, Army of occupation medal and Germany clasp, combat infantryman badge and honorable service lapel button for World War II. ([More](#))

Commemorating 50th Anniversary of the Vietnam War, Honoring Late

Army Captain: A ceremony commemorating the 50th Anniversary of the Vietnam War and honoring the late Capt. Ronald A. Ross, U.S. Army, who was killed in action in the Vietnam War, will be held at Wilson Middle School, Moline, Ill., on Saturday, **July 28**, at 1 p.m. The ceremony is taking place with the support of First Army, who is cordially inviting the Arsenal Island workforce to attend the event.

Cancer Patients, Wounded Warriors

Caddie for the Pros: Billy Spencer, who has been Jason Bohn's caddie for the past 15 years, had a day off from carrying the pro's clubs during the John Deere Classic Pro-Am on Wednesday. For the second consecutive year, Mr. Bohn walked the course with nine boys and girls battling cancer from Tudi's Tribe and a wounded military veteran. "I realize that golf is just a sport when I'm out here with these kids," said the two-time PGA Tour winner. "It's so cool to see their positive attitudes and their high spirits ... it puts everything in perspective." ([More](#))

Few Feds Expected to Take Phased

Retirement: A new phased-retirement option for federal employees amounts to



one of the biggest changes in the government's retirement policy in years, but the administration expects few employees will take it. President Obama on July 6 signed a bill that would allow retirement-eligible federal employees to work part time at the end of their careers while drawing partial pensions. ([More](#))

CBO: Pentagon Personnel Costs Will Spiral:

The Defense Department's average costs to maintain a service member on active duty has jumped 50 percent since 2001, to \$158,000 per year, with even faster growth predicted in the future, according to a Congressional Budget Office report that looks at long-range implications of the pending 2013 defense budget. Personnel costs have been climbing at a rate of about \$4,000 per person per year since 2001, according to the report released Wednesday by the nonpartisan budget office but are expected to rise by an average of \$4,700 a year over the next several years, despite Defense Department efforts to hold down costs. ([More](#))

CBO Sees Few Savings in Bill to Rein in Travel and Meeting Expenses:

Implementation of a House bill that would cut agency travel budgets and require agencies to provide quarterly

reports to Congress about meetings or events involving travel expenses paid with federal funds "would have no significant net impact on the budget," according to a Congressional Budget Office estimate. The bill in question, the Government Spending Accountability (GSA) Act (H.R. 4631), was introduced in April by Rep. Joe Walsh (R-Ill.) in the wake of the Government Services Administration conference spending scandal. ([More](#))

Stars Stripes & Fights!: On July 21, 4-6 p.m., Stars Stripes & Fights will be held in memory of Cpl. Bryant Luxmore, killed in action in Afghanistan, June 10. The event will be held in the parking lot of Fitness First Plus, 849 Avenue of the Cities, in East Moline. ([Flyer](#))

2012 American Society of Military Comptrollers Golf Outing: Preferred ball format (8 a.m. shotgun start) held at Glynn's Creek Golf Course in Park View, Iowa. The cost is only \$55 for ASMC members, \$60 for non-members and includes golf, ½ cart, prizes and lunch. We are limited to the first 36 teams. If interested, please contact Jennifer Baden, (309) 782-6651. Date: **Friday, July 20**
Time: **8 a.m.**

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room

(First Floor, Bldg. 60), on **Friday, July 20, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on Aug. 24**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on July 20**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



Donation Has It's Rewards!

With Memorial Day, 4th of July and Labor Day holidays, summer can be an especially challenging time in terms of keeping our blood supply stable. To create awareness of this need, and to thank donors who take the time to donate during the summer season, the Mississippi Valley Regional Blood Center will be holding a daily drawing for a \$50 gas card starting



*Monday, May 21 and running through Saturday, **Sept. 8.** Any donor who gives at Arsenal Island Blood Drives May 25 - **Aug. 31** will automatically be entered into the daily drawing..*

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here.](#)

Mississippi Valley Regional Blood Center Donor Loyalty Program: You can log on to our Donor Loyalty program at www.bloodcenterimpact.org. Each time you donate blood, you earn points. (Hint: you can earn 100 more points by clicking on the button to learn more about the Donor Loyalty program.) And with those points, you can shop for items like t-shirts, mouse pads, insulated cups, fleece pull-overs, blankets and more. Some items can be ordered with 200 to 300 points, other bigger items require more points. You can save and accumulate your points to order bigger items. Another great feature of the Impact Donor Loyalty Program – you can track your health indicators. By clicking on the health check up, you can see what your blood pressure, iron

count, etc has been at the time of previous donations. You can also keep track of total donations, and how many times you have donated in a single calendar year. Please check out our donor loyalty program. Your password is your birthdate with the /'s in between: example: 09/18/1960. Shop with your points (items are sent directly to your home at no cost), save points for bigger items, and track your blood pressure and other health indicators. If you have questions, feel free to call (563) 823-4128.

New First Aid APP Brings American Red Cross Safety Tips to Smart

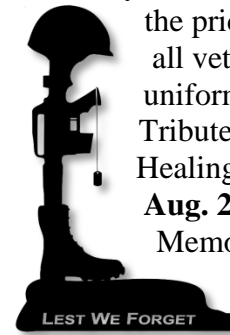
Phones: The American Red Cross today launched its official first aid app, putting free and simple lifesaving information right in the hands of smart phone users. This app is the first in a series to be created by the American Red Cross, the nation's leader in first aid and emergency preparedness information. It's also the only first aid app created or endorsed by the American Red Cross for use on both the Android and iPhone platforms. It gives instant access to information on how to handle the most common first aid situations, and includes videos and interactive quizzes. Users who take quizzes can earn badges they can share with friends through

social media to show off their lifesaving knowledge..The app takes critical first aid information normally stored on bookshelves and in pamphlets and places it at the fingertips of tens of millions of individuals - which will save lives. The Red Cross app includes trusted Red Cross disaster preparedness information for a number of common situations. ([More](#))

Tribute to Our Fallen (formerly Healing Fields):

To honor our brave military men and women who have paid the price for our freedom, and all veterans who have worn the uniforms of this Great Nation. Tribute to Our Fallen (formerly Healing Fields) will take place **Aug. 24–26** at Davenport Memorial Park Cemetary (behind Runge Funeral Home/Crematory). Opening ceremonies

begin at 7 p.m. on Friday, **Aug. 24**, with closing ceremonies beginning at 4 p.m. on Sunday, **Aug. 26**. As the Tribute to Our Fallen field is open continuously around the clock from Friday afternoon through Sunday afternoon, there is ample time for visitors to tour the site and talk with veterans and others on hand or just quietly reflect. ([More](#))



Colonel's Croquet Party: Teams of two are encouraged to don their croquet whites (not required) for the casual, round robin tournament at Quarters One to play the same game of croquet you play in your backyard. Hors d'œuvres and wine tasting included. Tickets: \$25 adults; \$11 kids. Support the historic Colonel Davenport House. ([More](#)) ([Site](#)) www.davenporthouse.org
Date: **Saturday, Aug. 18**
Time: **3-7 p.m.**



Thomson Causeway Photo Contest Returns: The Annual Mississippi River Project Photo Contest is returning for its 21st year. Effective May 25 amateur photographers were eligible to submit photos in three separate categories: Wildlife, Recreation, or Landscape. Photos must be taken on pools 11-16 of the Mississippi River. Participants have until Friday, **Aug. 24**, to submit photos to the Thomson Ranger Office. If you would like more information regarding the contest, contact the Thomson Ranger Office at (815) 259-3628.

Women In Defense Golf Tournament: 11th Annual WID Golf Tournament, Friday, **Aug. 3**, at Glynn's Creek Golf Course. Shotgun tee times, continental breakfast and lunch included. Contact Brenda Hanes at (309) 794-0115 or see [WID website](#) for registration form.
Time: **8 a.m.**

Arsenal Attic Thrift Shop & Boutique: Arsenal Attic Thrift Shop opens for new season on Tuesday, **July 17** at 9 a.m. Mark your calendar. Welcome back to all our shoppers and consignors. With your help we hope to make this the best season in the history of the Arsenal Attic. POC: (309) 782-6977.

St. Alban's Trivia Aug. 11: St. Alban's Trivia celebrates its fourth year of summer trivia. Come play with us at 7 p.m., **Aug. 11**. Teams of up to 8, \$10 per person. Winnings, door prizes, 50-50 raffle. 3510 W. Central Park, Davenport. BYOB and snacks. Goodies for sale. POC: is George Eaton
Time: **7-10 p.m.**

Red Cross of the Quad Cities Annual Golf Outing at TPC Deere Run: Hit the greens on one of the Quad Cities' premier golf courses on **Sept. 17**. Enjoy lunch and 18 holes of golf at TPC Deere

Run while supporting Red Cross services in our community. Space is limited - sign up is required by Sept. 10. Contact Allison at (309) 277-4005 for more information.
Time: **11:30 a.m.**

2012 Cards for the Troops: 5th Annual Cards for the Troops, Arsenal Island Golf Club - join us for a fun evening of stamping cards for our deployed troops to mail home to loved ones. RSVP- mssipple1@gmail.com. No stamping experience necessary. Please bring one roll of Scotch double-tape. Optional dinner at 5 p.m.; request with RSVP.
Date: **Tuesday, Sept. 25**
Time: **6:30 p.m. - 9 p.m.**

Arsenal Traffic/Construction



Evening Closure(s) - Government Bridge; Daytime Intermittent Lane Closures - All Arsenal Bridges:

Intermittent Lane Closures - All Arsenal Bridges: Weekdays 8:30 a.m. to 2 p.m. (non-peak traffic hours) - Weekends 6 a.m. to 6 p.m. - Friday, **July 20** through Sunday, **July 29**. Evening closure of the Government Bridge has been scheduled on the dates/times listed below to accomplish inspections, repairs and maintenance. Daytime intermittent lane



closures during non-peak traffic hours (8:30 a.m. to 2 p.m.) are also scheduled to perform annual bridge inspection of the Rock Island Viaduct and Moline Arsenal Bridge. Barricades, signs, cones, and flaggers, will be used as necessary to provide warning and notice of the closures and to direct traffic. Government Bridge "evening closure," Monday, **July 23** through Saturday, **July 28**. Nightly 6 p.m. to 3 a.m. Closed to vehicular traffic only. Government Bridge "evening closure," **July 30** through Saturday, **Aug. 4**. Nightly 6 p.m. to 3 a.m. Closed to vehicular traffic only. Daytime Intermittent Vehicular Lane Closures, Arsenal bridges, Friday, **July 20** through Sunday, **July 29**. Weekdays 8:30 a.m. to 2 p.m., Weekends 6 a.m. to 6 p.m. (Government Bridge, **July 20-25**; R.I. Viaduct, **July 26-27**; Moline Bridge, **July 28-29**).

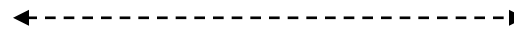
Various Weekend Closures -

Government Bridge: July 20 – Aug. 5:

Due to recent inclement weather and initialization of a contractual option the back-up closure periods will be used to complete the painting project for the Government Bridge. Those closure periods are as follows ... Friday, **July 20**, beginning at Noon through Sunday, **July 22**, at Midnight; Friday, **Aug. 3**,

beginning at Noon through Sunday, **Aug. 5**, at Midnight.

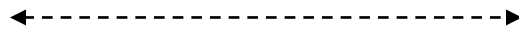
Davenport River Drive Closure: On Tuesday, May 29, Davenport Public Works closed River Drive from Iowa Street to Oneida Ave to begin underground utility improvements and re-surfacing. This is Phase I of a three Phase project. Phase I will close River Drive until **mid to late August**. Phase II and III are not expected to close the road completely. We expect to have one lane open in each direction. Those phases will not start until Phase I is complete. Overall, River Drive is not going to be a commute of choice for several months and detours will be in place.



Building/Space Closures



There are no building/space closure announcements at this time.



Active Duty/Reserve Zone



The Doctor Is In – Traveling with TRICARE: Summer vacation is a great time to take your family overseas and explore other countries and new

cultures. These trips should be relaxing and enjoyable, not filled with worry about a sudden illness or accident. TRICARE beneficiaries on summer vacation are covered even when they travel out of the country. You can reduce the chances of health care problems while traveling by seeing your doctor for regular office visits and treatment of ongoing conditions before leaving town. You should also make sure your family's records are up-to-date in the Defense Enrollment Eligibility Reporting System (www.tricare.mil/DEERS). Finally, make sure to refill any prescription medications before leaving for the trip. TRICARE permits you one "vacation override" (early refill) per year. Call the TRICARE Pharmacy contractor Express Scripts at 1-877-363-1303 for more information. You should also speak with your primary care manager (PCM) to find out which immunizations the Centers for Disease Control and Prevention recommends for your destination. It's best to schedule this visit at least four to six weeks before traveling, as many immunizations take time to effectively guard against diseases, and some may require a series of vaccinations. ([More](#))



Marriage Counseling Seminars Offered Free of Charge to Wounded Warriors:

The toll of invisible war wounds such as post-traumatic stress disorder (PTSD) is felt not only by Service members, but by the spouses and other family members working hard to support and understand them. Many Service members struggling with PTSD feel they cannot share their thoughts, memories and emotions with their spouse and marriages can suffer under the stress of deployment, combat exposure and the struggles that often follow. But, difficult as it seems, open and honest communication is key to repairing and strengthening family relationships. With this reality in mind, the USO has partnered with the Stronger Families organization to present a series of marriage counseling seminars free of charge to wounded warriors and their families. Called the Oxygen For Your Relationships Program, the seminar teaches couples how to improve their communication, better understand each other's needs, resolve conflict, rekindle romance and find renewed hope. In addition to the one-time, in-person training, the program provides ongoing training and resources through community support groups and an online support network. ([More](#))

Culture of Army Values: The Army Values -- Loyalty, Duty, Respect, Selfless Service, Integrity, Honor and Personal Courage -- originate in the central beliefs of American culture. They describe the depth and substance of the American character - history, sacrifice and common heritage. The Army Values define the character of all Soldiers and guide their actions on and off duty. More importantly, these values shape the Army as a profession, signifying what is important and influencing how the Army operates daily. ([More](#))

Safety Spotlight

Motorcycle Safety Course: The USAG Safety Office will be sponsoring upcoming Motorcycle Rider Courses. This cycle rider safety training program will be certified by the Motorcycle Safety Foundation. The courses are designed to help riders manage their risk and increase their skills through riding and classroom instruction. Per DODI 6055.4, DoD Traffic Safety Program, military personnel who operate motorcycles must be appropriately licensed to operate on public highways and must have successfully completed an approved rider or operator safety

course meeting the MSF-based State-approved curriculum. Any Soldier operating a motorcycle on the Rock Island Arsenal must be in possession of an MSF card when they ride to verify completion of required training. The next one-day Experienced Rider Courses are scheduled to be conducted on **July 17, 18 or 19**. Registration for all courses is through the web-based AIRS system at <https://apps.imcom.army.mil/AIRS>. For further information, please contact [Michael Chaplin](#), IMRI-SO, at (309) 782-2314/1380, or [Nancy Carlson](#), IMRI-SO, at (309) 782-2309.

Equal Opportunity Focus

1st Cav Welcomes First Female Deputy CG: A rich history is one of many things that make the 1st Cavalry Division what it is today. Their flare of traditional ceremonies when honoring the Cav's Soldiers is another. America's First Team farewelled Command Sgt. Maj. Isaia Vimoto, former division command sergeant major, Brig. Gen. James Richardson, former deputy commanding general of support, 1st Cav. Div., and hailed Brig. Gen. Laura Richardson, deputy commanding general of support for the division,



during a Patch Ceremony, July 5, on Cooper Field. ([More](#))

Morale, Welfare & Recreation (MWR)



Morale, Welfare & Recreation

(MWR): Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook and stay up to date on all the great MWR offerings here at the Arsenal.

Additional Zumba Session Beginning:

Due to the popularity, we have added another session of Zumba classes at the Fitness Center. Come join the party on Thursdays from 11:15 a.m. - 12 p.m. Call (309) 782-6787 for more info.

Electronic Marquee Outage: The operating system used to update the outdoor marquee signs on either side of the Island has become obsolete and inoperable. Consequently no requests for messages can be fulfilled and the signs have been shut off at this time. The Garrison is working towards a solution and a future message will be sent out as information becomes available about whether the signs can be repaired or replaced.

Time for Bootcamp: The Fitness Center will be offering an exciting new class called bootcamp every Monday, Wednesday, and Friday, 6-7 a.m. This military inspired strength and conditioning class focuses on total body fitness. Exercises and conditioning drills used by the U.S. Army and the National Academy of Sports Medicine are the basis of this program as well as short distance running, sprints, free weights, kettle bells, resistance bands, TRX, ropes and other exercise equipment. Not only will this class get you into shape, it will reinforce teamwork, camaraderie and communication amongst class members. This class is led by a retired U.S. Army Master Sergeant who is a NASM Certified Personal Trainer. Call (309) 782-6787 for more info.

Outdoor Grill 350: The Grill in front of Bldg. 350 will be open on Mondays and Wednesdays, 10:30 a.m. to 12:30 p.m., effective Wednesday, June 6, weather permitting.

MWR Leisure Travel Office



Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is

closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

Six Flags Great America: Leisure Travel has 2012 Six Flags Great America one-day general admission tickets now in stock. Two big parks for one low price; all the thrills your nerves can handle with 14 roller coasters ... 20 acres with 30 waterslides. Discounted tickets are \$38, children under two are free.

Ghost Hunters' Dinners at Historic Quarters One: The ever-popular Ghost Hunters' Dinners are back for 2012. Enjoy a gourmet meal at the Clubhouse followed by a presentation by the Rock Island Paranormal Society on the haunted history of Historic Quarters One. After the presentation, armed only with flashlights, guests are invited to search this beautiful building for evidence of the paranormal. The dates planned for 2012 are: **Aug. 17, Oct. 1, Oct. 13, and Oct. 31.** Cost is \$45/person and reservations are strongly recommended as these fill up fast. Call (309) 793-1601 for more info and to reserve your spots. ([Flyer](#))



Cubs vs. Cardinals: The Chicago Cubs will be taking on the defending World Series Champion St. Louis Cardinals at Busch Stadium. The bus will **depart at 8 a.m.** from the COL Davenport Pavilion area. Seats on sale now for \$104 per person.

Date: **Saturday, July 21**
Time: **3:05 p.m. (game time)**



Ringling Bros and Barnum & Bailey

Circus: The circus is coming to the iWireless Center Labor Day weekend. Leisure Travel has discounted tickets on sale now. Adults tickets are \$16 and children under 12 are \$12. We have different times and dates of shows.
Date: **Saturday, Sept. 1.**

Noah's Ark Waterpark: Wisconsin Dells America's largest water park, with 49 water slides and dozens of other various attractions. Leisure Travel has discounted one-day admission tickets for \$30.

Change in Outdoor Recreation

Entrance: Effective May 9, patrons may enter Outdoor Recreation through the

warehouse door on the Southside of Bldg. 333. The North door will be closed. This is to speed up the process of customers picking up and returning equipment during the summer months. For more info please call (309) 782-8630.

LA Angels vs. Chicago

White Sox: Let us provide the transportation to and from the game at Chicago's U.S. Cellular Field on a charter bus. This will be an evening game. Cost per person is \$86. For more information please contact LTO at (309) 782-5890.
Date: **Saturday, Aug. 4**
Time: **6:10 p.m.**



Free Camping for Active Duty

Military: The Corps of Engineers are offering free camping for active duty military at Fisherman's Corner, Grant River, Thompson Causeway, Shady Creek and Clark's Ferry Campgrounds. Complete information is listed in the "Along the River" brochure. You may pick up a copy at Outdoor Recreation or the Mississippi River Visitor Center at Locks and Dam 15.

Downtown Chicago Shopping Bus

Trip: Join MWR for a fun day of shopping on Michigan Ave. and the magnificent mile in beautiful downtown Chicago. Price is \$39/person and includes transportation only. Call (309) 782-5890 for more info and to sign up.
Date: **Saturday, July 28**

Warrens Wisconsin Cranberry

Festival: This festival features more than three miles of shopping and more than 1,300 booths. Arts & crafts, flea market, antiques and the farmers market. Seats are \$72 (includes Marsh tour) on sale until **Sept. 1.**
Date: **Saturday, Sept. 29**

Need a Vacation?: Do you need help planning your vacation - let the leisure travel staff help turn your vacation into a dream vacation. Stop by or call our office at (309) 782-5890. Let us do the work.



Child, Youth & School Services



Covenant Cottage Child Development

Home: [Covenant Cottage Child](#)

[Development Home](#) is available for

backup, emergency, and hourly care for ages four weeks through 12 years. The



home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call (309) 782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

Army Community Service (ACS)



ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook [click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412



Music as Therapy: Did you know you can use music for therapy and sound for healing? Do you have a favorite song or genre of music that you enjoy listening to that helps you relax and brings back wonderful memories? That is the basis of Music Therapy! That positive effect that music has on people in general is

also tied to healing and is now being used to help with pain management, to help ward off depression and increase mental well-being, to promote movement, to calm patients, to ease muscle tension, and for many other benefits that music and music therapy can bring. Music therapy has been used to help wounded Soldiers since at least World War I, and is currently used at Walter Reed as an effective rehab tool, stress reliever, and to alleviate boredom for our wounded veterans returning from the Iraq and Afghanistan combat zones. Music Therapy is an accredited and nationally certified college degree program offered at numerous colleges and universities throughout the U.S. The Quad Cities is lucky to have vibrant music therapy programs offered at different agencies, group homes, hospitals, and other facilities serving individuals with special needs. GiGi's Playhouse offers a music therapy program each [Tuesday](#). West Music also offers various music therapy services that can be [catered to fit your needs](#). These programs are not an endorsement of the organizations providing these services, but are provided only as information and community awareness. For more information on programs, services, or activities for our Special Needs Families or the Exceptional

Family Member Program, contact Jan Saito, Army Community Services, at (309) 782-4736 or Janice.n.saito.civ@mail.mil.

Employee Assistance Program



For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

Anonymous Online Mental Health Screening – July 2012: Summer is here and your commute to work is filled with sites of pretty gardens, sunny sidewalks and children playing. You cannot help but smile, but after a few seconds you start thinking about the risk that the kids will become dehydrated, sunburned or get hit by a car. Do you go through the day filled with exaggerated worry and tension? Do you anticipate disaster and are overly concerned about health issues, money, family problems, or difficulties at work? A little dose of



daily worrying is merely human, but if your worry becomes uncontrollable or disproportionate to the problem, you may be suffering from an anxiety disorder. This summer, breathe a little easier. The Rock Island Arsenal Employee Assistance Program invites you to take advantage of free, anonymous online mental health self-assessments. If you are concerned that you or someone you know may be depressed or suffering from an anxiety disorder visit www.mentalhealthscreening.org/screening and enter keyword ASAP to complete a simple online questionnaire. You will receive immediate, customized feedback as well as the opportunity to schedule an appointment for further evaluation if necessary.

Smoking Cessation Group: Need help to quit smoking? The Employee Assistance Program offers an ongoing educational support group for people who would like to be smoke-free. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 56, 1st floor, East Wing.



PTSD Support Groups: You don't have to go through this alone. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

Education/Training Review

The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

Service Members: Save time and Money Getting College Credit for What You Already Know: Did you know CLEP and DSST tests can award you college credit in more than 30 areas of study at thousands of different colleges and universities? The College-Level Examination Program and the DANTES Subject Standardized Test exams allow service members, eligible spouses, and (in some cases) DoD civilian employees to earn college credit

by attaining qualifying scores on college subject exams. In many cases, the Defense Activity for Non-Traditional Education Support program funds the exams for Soldiers. CLEP and DSST exams are available through the on-base National Testing Center, located in Bldg 56, 1st Floor, Room 121. Free study materials are available or accessible through the National Testing Center or Army Education Center. For more information:

<http://clep.collegeboard.org/military>
www.getcollegetcredit.com POCs: Army Education Center, (309) 782-2065,
<https://home.ria.army.mil/apps/garrisonhr/aces.cfm> National Testing Center, (309) 558-6444, JA-Holan@wiu.edu

Defense Commissary Agency / PX

The Rock Island Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and



other Commissaries, visit:

www.commissaries.com (Facebook)

Sales Flyers: Patrons can visit the [AAFES website](#) and sign up to receive free online sales flyers.

Arsenal Archive

Information for the *Arsenal Archive* is made available by the [Rock Island Arsenal Museum](#). The Museum is open to the public, Tuesday through Saturday, 12-4 pm. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free.

Colonel's Croquet Party: Teams of two are encouraged to don their croquet whites (not required) for the casual, round robin tournament at Quarters One to play the same game of croquet you play in your backyard. Hors d'œuvres and wine tasting included. Tickets: \$25 adults; \$11 kids. Support the historic Colonel Davenport House. ([More](#)) ([Site](#)) www.davenporthouse.org
Date: **Saturday, Aug. 18**



Time: **3-7 p.m.**

RIA 150 History Break: Think about taking a "History Break" to celebrate Rock Island Arsenal's 150th Anniversary, **Aug. 9**, 12-1 p.m., Benny Wild, will present "Historical Modernization of Rock Island Arsenal Buildings." Sponsored by the Rock Island Arsenal Historical Society, these lunch and learns will be held the second Thursday of each month in 2012. Join us in the Caisson Room, Bldg. 60, first floor, south wing, 12-1 p.m. As these presentations occur during lunchtime, you may bring a brown bag lunch or purchase food at the adjacent food court. Employees can sign up for these professional development opportunities in [TEDs](#) (Search Term "History Breaks"). If you don't have access to [TEDs](#), please call Kris Leinicke at (309) 782-3518 to make a reservation. Due to the size of the Caisson Room, participation is limited to 50. Upcoming presentations include: On **Sept. 13**, George Eaton, ASC Historical Office, will present "Battles of Credit Island and Campbell's Island, War of 1812." On



Oct. 11, Kris Leinicke, Rock Island Museum, will present "Rock Island Barracks." On **Nov. 8**, John Punkiewicz or Lou Ann McCracken, Rock Island District, U.S. Army Corps of Engineers, will present "Mississippi River Navigation History." On **Dec. 13**, Ron Deiss, Rock Island District, U.S. Army Corps of Engineers, will present a Heritage Documentaries video, "[The Rock Island Civil War Prison: Andersonville of the North?](#)"

This Week in Rock Island Arsenal History – July 16-22: In July 1957, the RIA long time mission (since 1899) responsibility for the industrial engineering, manufacturing, and maintenance engineering of certain categories of small arms, was transferred to Springfield Armory. On July 17, 1944, two companies of Italian prisoners of war arrived at RIA. Army Chief of Ordnance ordered manufacturing of Infantry and Cavalry Equipment at the RIA to begin on July 19, 1875. The RIA War Service Band was formed on July 20, 1918, with the approval of the RIA Commander. The band was organized to assist in Liberty Loan Campaigns. Probably at that time the largest band formed in the Tri-Cities.



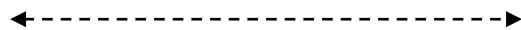
Healthbeat



Sleep Loss Can Affect How You Manage Stress

Think about this: Not getting enough sleep has a serious impact on how and what you think—your memory and concentration suffer, as do your awareness of your surroundings and your reaction time. Sleep loss affects your ability to make good decisions and puts you on edge, making you susceptible to your emotions. There's more: Sleep loss also affects your ability to think positively and solve problems effectively. All of these are key factors in managing stress. Making good decisions now reduces your stress over the long term, and this can be compromised when you're not at your peak. Bottom line: Focus on getting enough sleep to help you manage your stress. ([More](#))

Health Clinic Announcement: Health Sick Call hours 7-8 a.m. Clinic closed Staff Meeting/Training **July 27** at 11:30 a.m. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

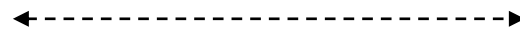


Notes for Veterans



Improvements Needed in PTSD Programs for Vets:

The first comprehensive report on veterans' and service members' access to post-traumatic stress disorder care was released last week, and it finds that improvements are needed in programs that prevent, identify and treat the condition. The Institute of Medicine report, "Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations: Initial Assessment," is the first of two mandated by Congress in 2010 to examine the efficacy of PTSD programs under the Departments of Defense and Veterans Affairs. ([More](#))



Car Pooling Announcements



Submit car pooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

Car Pool:

- **Car Pool:** Looking to join a car pool or ride and pay. IL 84 southbound Fulton/ Albany/ Cordova area. Interested text me at (563) 650-8791.

- **Carpool:** Looking for members to join carpool along the Hwy. 61 corridor from Dubuque to Rock Island Arsenal, 2nd shift 2:15-10:30 p.m. Starting in the middle April. ([Email](#) or call (815) 651-4624.
- **Carpool:** Commuter living in Rio, Ill., looking for someone to carpool with from Galesburg/Alpha area. Employee works 6 a.m. - 3:30 p.m. w/RDO 1st Friday of Pay period. ([Email](#) or call (309) 782-5472.



Around the Q.C.



- July 16-21:** [Rock Island County Fair](#) (East Moline Fairgrounds)
- July 20:** [American Cancer Society Relay For Life Over Night Event](#) (Black Hawk College, Moline)
- July 20-21:** [Heartland Jam](#) (LeClaire Park)
- July 27-28:** [41st Annual MVRBC Downtown Street Fest](#) (Downtown Davenport)
- July 27:** [Cardiology at the Bix](#) (Radisson Quad City Plaza, Davenport)
- July 28:** [Bix 7 Run/Walk](#) (Downtown Davenport)
- July 31-Aug. 5:** [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)
- Aug. 2-5:** [Bix Beiderbecke Memorial Jazz Festival](#) (LeClaire Park & Hotel Blackhawk)
- Aug. 3:** [Flamingo Fling Art Auction & Party](#) (Quad City Botanical Center)
- Aug. 4:** [14th Annual Martin Luther King Center Drill Team Showdown](#) (Rock Island High School)



Aug. 9-11: [Great River Tug Fest](#) (LeClaire, Iowa / Port Byron, Ill.)

Aug. 10-11: [Ya Maka My Weekend](#) (The District)

Aug. 11: [Xstream Cleanup](#) (Quad Cities)

Aug. 11: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

Aug. 11-12: [11th Annual Illinois Renewable Energy & Sustainable Lifestyle Fair](#) (Oregon, Ill.)

Aug. 15: [Quad Cities Pink Heals Tour](#) (Faye's Field, Bettendorf)

Aug. 17-18: [River Roots Live](#) (Downtown Davenport)

Aug. 18: [Inaugural Colonel's Croquet Party](#) (COL Davenport House, RIA)

Aug. 18: [River Action's 3rd Annual Floatzilla](#) (Lake Potter)

Aug. 23-26: [World Series of Drag Racing](#) (Cordova Dragway)

Aug. 24-26: [Tribute to Our Fallen](#) [formerly known as 'All Era Veterans Healing Field Of The Quad Cities'] (Davenport Memorial Park Cemetery)

Aug. 25: [Quad Cities Irish Festival](#) (Rock Island)

Aug. 25: [RIBCO's 3rd Annual River City Beer Festiv-ale](#) (The District)

Aug. 28-Sept. 5: [ASA Girls 12U Fastpitch Tournament](#) (Greenvalley Sports Complex, Moline)

Aug. 30-Sept. 2: [Antique Motorcycle Swap Meet](#) (Mississippi Valley Fairgrounds)

Sept. 1: [8th Annual Labor Day Ride For Non-Hodgkin's Lymphoma](#) (The District)

Sept. 1-2: [Quad City Air Show](#) (Davenport Municipal Airport)

Sept. 1-2: [Rock Island Grand Prix](#) (Downtown Rock Island)

Sept. 3: [Bettendorf Rotary 18th Annual Run with Carl 5K](#) (Life Fitness Center, Bettendorf)

Sept. 6: [13th Annual Senior Golf Cart Tour of RiverWay Trails](#) (Multiple Locations)

Sept. 7-16: [East West Riverfest](#) (Quad Cities)

Sept. 8: [Quad City Symphony Riverfront Pops](#) (LeClaire Park)

Sept. 8-9: [Beaux Arts Fair](#) (Downtown Davenport)

Sept. 15: [Taming of the Slough](#) (Sylvan Island)

Sept. 15: [Brew Ha Ha](#) (LeClaire Park)

Sept. 15: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)

Sept. 15: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

Sept. 15-16: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)

Sept. 19-21: [Upper Mississippi River Conference](#) (TBD)

Sept. 21-22: [Our Big Fat Greek Festival](#) (St. George Greek Orthodox Church, Rock Island)

Sept. 22-23: [Quad Cities Kite Festival](#) (Centennial Park, Davenport)

Sept. 23: [Quad Cities Marathon](#) (Downtown Moline)

Sept. 27-29: [Mississippi Valley Quilters Show](#) (Mississippi Valley Fairgrounds)

Sept. 28-30: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)

Sept. 29: [17th Annual Killer Bee 5K Run/Walk](#) (Rogalski Center Lawn, St. Ambrose Campus)

Oct. 5-6: [Midwest Clown Association Convention](#) (Clarion Hotel Conf. Center, Davenport)

Oct. 6: [Hilltop Campus Village 3rd Annual Fall Music Festival](#) (Hilltop Park, Davenport)

Oct. 7: [Nancy Kapheim Memorial Classic Gone Running 5K Run/Walk](#) (Schwiebert Park, Rock Island)

Oct. 13: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

Oct. 13-14: [Gun Show](#) (Mississippi Valley Fairgrounds)

Oct. 23-28: [FLW National Guard Walleye Tournament](#) (Centennial Park, Davenport)

Oct. 25: [Fright Night](#) (The District)

Oct. 26: [Bucktown's Deadstock](#) (Bucktown)

Oct. 27: [Witches Walk](#) (Downtown LeClaire)

Oct. 27: [Daiquiri Factory's Boneyard Boogie](#) (The District)

Oct. 27-28: [Rock and Gem Show](#) (Mississippi Valley Fairgrounds)

Nov. 11: [Doll Show](#) (Mississippi Valley Fairgrounds)

Nov. 16-25: [Quad City Arts Festival of Trees](#) (RiverCenter)

Nov. 17: [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 17: [Lighting on the John Deere Commons & Holiday Pops Concert](#) (Downtown Moline)

Dec. 1-14: [Season of Light-Star of Bethlehem](#) (Augustana College Planetarium)

Dec. 2: [19th Century Christmas](#) (Butterworth Center, Moline)

Dec. 7: [Gallery Hop!](#) (The District)

Dec. 8-9: [131st Annual Performance of Handel's Messiah](#) (Centennial Hall, Augustana College)

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Joel Himsl, Garrison Manager; **Eric Cramer**, Public Affairs Officer; **Mark Kane**, Editor

The Army publication, *Island Insight*, is an unofficial publication authorized under [AR 360-1](#) to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processor software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal Garrison Public Affairs Office. Contents of *Island Insight* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of *Island Insight* is the responsibility of the Rock Island Arsenal Garrison Public Affairs Office. Submission of [announcements](#), articles, photos, letters, and graphic art of interest to the general readership is encouraged. All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMNE-RIA-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: (309) 782-1121. The *Island Insight* is [available on-line](#).



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